

November-December 2018 Group Fitness Class Schedule

LES MILLS BODYFLOW

New BodyFlow Trial Classes Available Nov.-Dec. 2018

Monday	5:30-6:15 pm Ends 12/31	Studio 1 With Jen
Wednesday	5:15-6:00 am Ends 12/19	Meditation Rm With Karla
Thursday	6:30-7:30 pm Ends 12/31	Studio 2 With Jenni/Kristine
Sunday	9:00-10:00 am Ends 12/16	Studio 1 With Joel

All trial classes are an open fitness level.
Accommodations available.

HELPFUL REMINDERS

- Change into workout shoes after entering the club.
- Wipe down equipment with sanitizing wipes after use.
- Limit cell phone use while on the fitness floor.
- Use of headphones is required for device listening.
- Camera use is not allowed anywhere in the club.
- Limit equipment and lap lane use to 30 minutes when members are waiting.
- Supervision by an adult 19 or older is required for children 12 and under using the pools or basketball court.



**MADONNA
PROACTIVE**
Medical Fitness

402.420.0000
www.madonnaproactive.org

Monday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Penny
5:15-6:00 am	H.I.I.T.	West Gym	Int-Adv.	Brenda
5:15-6:00 am	Power Track	Aqua Track	Adv.	Amanda
6:15-7:00 am	Power H2O	Lap Pool	Int.	Amanda
8:30-9:15 am	Power H2O	Lap Pool	Int-Adv.	Julie
9:00-9:45 am	Stretch Pain Mgmt	Studio 2	Beg.	Joe
9:15-9:45 am	Aqua Deep Core	Lap Pool	Int.	Julie
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Judy
9:30-10:10 am	Gentle Yoga	Meditation Rm.	Beg.	Melanie
9:45-10:30 am	Power Splash	Lap Pool	Beg-Int.	Julie
10:15-11:15 am	Yoga I-II	Meditation Rm.	Beg-Int.	Melanie
10:15-11:00 am	Young at Heart	West Gym	Beg.	Judy
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Betsy
11:15-11:45 am	Stretch for Life	Studio 2	Beg.	Erica
11:30-12:15 pm	Seated Dance Blast	West Gym	Beg.	Betsy
11:30-12:15 pm	Aqua Splash	Lap Pool	Beg.	Mitzi
12:15-1:00 pm	Dynamic X Train	Studio 1	Int-Adv.	Eva
12:15-1:00 pm	EZ Moves	Aqua Track	Beg.	Mitzi
2:00-2:30 pm	Meditation/Relaxation	Meditation Rm.	Beg.	Sharon
5:00-5:40 pm	Gentle Yoga	Meditation Rm.	Open	Melanie
5:15-6:00 pm	Power Track	Aqua Track	Adv.	Michelle
5:30-6:15 pm	Les Mills BodyFlow	Studio 1	Open	Jen
5:30-6:30 pm	Cardio Pump	West Gym	Int-Adv.	Ann
5:45-6:45 pm	Yoga II	Meditation Rm.	Int.	Melanie
6:00-6:45 pm	H2O Interval	Lap Pool	Beg-Int.	Michelle
6:00-6:45 pm	Cardio Fit Cycling	Studio 3	Int-Adv.	Gary/Eva
6:30-7:15 pm	Dance Blast	Studio 1	Beg.	Kristin
6:30-7:30 pm	Les Mills BodyPump	West Gym	Int.	Ann

*Qi Gong class series completion required to participate.
 Class descriptions are available at the front desk.
 Classes and instructors are subject to change at any time.

Tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int.	Jen
5:15-6:15 am	Les Mills BodyPump	West Gym	Beg.	Katie
5:45-6:45 am	Yoga I-II	Meditation Rm.	Beg-Int.	Amy
7:30-8:15 am	Tai Chi Balance	West Gym	Beg.	Mitzi
8:15-8:45 am	Tai Chi 24	West Gym	Beg.	Mitzi
8:15-9:00 am	RetroRobics	Studio 1	Beg-Int.	Carmen
8:15-9:00 am	TRX Advanced*	Studio 2	Adv.	Eva
8:30-9:25 am	Yoga I-II	Meditation Rm.	Beg-Int.	Keri
9:00-9:45 am	EZ Moves	Aqua Track	Beg.	Julie
9:15-10:15 am	Cardio Pump	Studio 1	Int.	Judy
9:30-10:15 am	Tai Chi Balance	West Gym	Beg.	Melanie
9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Eva
9:30-10:15 am	Chair Yoga	Meditation Rm.	Beg.	Keri
10:00-10:45 am	Power Splash	Lap Pool	Beg-Int.	Julie
10:30-11:30 am	Yoga I-II	Meditation Rm.	Beg-Int.	Keri
10:15-11:00 am	Complete Core	Studio 1	Beg-Int.	Judy
10:30-11:00 am	Tai Chi Stretch	West Gym	Beg.	Melanie
10:45-11:00 am	Strength & Stretch	Lap Pool	Int.	Julie
11:00-11:30 am	Aqua Balance/Move.	Lap Pool	Beg.	Julie
11:00-12:00 pm	Les Mills BodyFlow	Studio 1	Int.	Carol Ann
	(ends Dec. 20)			
12:15-1:00 pm	Back Hab	Aqua Track	Beg.	Julie
1:15-1:45 pm	Parkinson's BIG Grad	Meditation Rm.	Beg.	Karen
5:00-5:55 pm	Basic Yoga	Meditation Rm.	Beg.	Vanessa
5:15-6:00 pm	Hydro Interval Track	Aqua Track	Int.	Dona
5:30-6:15 pm	H.I.I.T.	West Gym	Beg-Int.	Staff
6:00-7:00 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Vanessa

*Requires TRX Basic course or prior ProActive TRX training.
 Class descriptions are available at the front desk.
 Classes and instructors are subject to change at any time.

Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Roxie
5:15-6:00 am	H.I.I.T.	West Gym	Int-Adv.	Brenda
5:15-6:00 am	Les Mills BodyFlow	Meditation Rm.	Open	Karla
5:15-6:00 am	Power H2O	Lap Pool	Int-Adv.	Liz
6:15-7:00 am	Power H2O	Lap Pool	Int.	Liz
8:30-9:15 am	Power H2O	Lap Pool	Int-Adv.	Julie
9:00-9:45 am	Stretch Pain Mgmt	Studio 2	Beg.	Joe
9:15-9:45 am	Aqua Deep Core	Lap Pool	Int.	Julie
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Erica
9:30-10:25 am	Restorative Yoga	Meditation Rm.	Beg.	Melanie
9:45-10:30 am	Power Splash	Lap Pool	Beg-Int.	Julie
10:15-11:00 am	Young at Heart	West Gym	Beg.	Betsy/Judy
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Jan
10:30-11:30 am	Restorative Yoga	Meditation Rm.	Beg-Int.	Melanie
11:15-11:45 am	Stretch for Life	Studio 2	Beg.	Staff
11:30-12:15 pm	Seated Dance Blast	West Gym	Beg.	Betsy
11:30-12:15 pm	Aqua Splash	Lap Pool	Beg.	Mitzi
12:00-12:45 pm	Yoga II	Meditation Rm	Int.	Melanie
12:15-1:00 pm	Dynamic X Train	Studio 1	Int-Adv.	Shannon
12:15-1:00 pm	EZ Moves	Aqua Track	Beg.	Mitzi
3:45-4:30 pm	Tai Chi Yian**	Studio 2	Open	Michael
5:00-5:40 pm	Gentle Yoga	Meditation Rm	Beg.	Maria
5:15-6:00 pm	Power Track	Aqua Track	Adv.	Dona
5:15-6:00 pm	TRX*	Studio 1	Int-Adv.	Staff
5:30-6:30 pm	Cardio Pump	West Gym	Beg-Int.	Ann
5:45-6:45 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Maria
6:00-6:45 pm	Cardio Fit Cycling	Studio 3	Int.	Staff
6:30-7:15 pm	Dance Blast	Studio 1	Beg-Int.	Kristin
6:30-7:30 pm	Les Mills BodyPump	West Gym	Int.	Karen

*Requires TRX Basic course or prior ProActive TRX training.

**Requires advance completion of the Qi Gong class series.

Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int.	Michelle
5:15-6:15 am	Les Mills BodyPump	West Gym	Beg.	Karla
5:45-6:45 am	Yoga I-II	Meditation Rm.	Beg-Int.	Amy
6:00-6:45 am	TRX*	Studio 1	Int-Adv.	Michelle
7:30-8:15 am	Tai Chi Balance	West Gym	Beg.	Mitzi
8:15-8:45 am	Tai Chi 24	West Gym	Beg.	Mitzi
8:15-9:00 am	TRX Advanced*	Studio 1	Adv.	Eva
8:15-9:00 am	RetroRobics	Studio 2	Beg-Int.	Carmen
8:30-9:10 am	Gentle Yoga	Meditation Rm.	Beg.	Barbara
9:00-9:45 am	EZ Moves	Aqua Track	Beg.	Julie
9:15-10:00 am	Interval Endurance	Studio 1	Int-Adv.	Erica
9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Betsy
9:30-10:30 am	Yoga I-II	Meditation Rm.	Beg-Int.	Barbara
10:00-10:45 am	Power Splash	Lap Pool	Beg-Int.	Julie
10:15-11:00 am	Complete Core	Studio 1	Beg-Int.	Judy
10:45-11:00 am	Strength & Stretch	Lap Pool	Int.	Julie
11:00-11:30 am	Aqua Balance/Move.	Lap Pool	Beg.	Julie
11:00-12:00 pm	Les Mills BodyFlow	Studio 1	Int.	Carol Ann
	(ends Dec. 20)			
11:30-12:15 pm	Mat Pilates Lite (fee)	Studio 2	Open	Sarah
12:15-1:00 pm	Back Hab	Aqua Track	Beg.	Julie
1:15-1:45 pm	Parkinson's BIG Grad	Meditation Rm.	Beg.	Karen
5:00-5:55 pm	Basic Yoga	Meditation Rm	Beg.	Debra
5:15-6:00 pm	Cycling/Yoga	Studio 3 & 2	Int.	Barbara
5:15-6:00 pm	Power Track	Aqua Track	Adv.	Michelle
5:30-6:15 pm	H.I.I.T.	West Gym	Int.	Staff
6:00-6:45 pm	H2O Interval	Lap Pool	Beg-Int.	Michelle
6:00-7:00 pm	Restorative Yoga	Meditation Rm.	Beg-Int.	Debra
6:30-7:30 pm	Les Mills BodyFlow	Studio 2	Open	Jenni/Kristine

*Requires TRX Basic course or prior ProActive TRX training.

Friday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Penny
5:15-6:00 am	H.I.I.T.	West Gym	Int-Adv.	Brenda
5:15-6:00 am	Power Track	Aqua Track	Adv.	Liz
6:15-7:00 am	Power H2O	Lap Pool	Int.	Liz/Michelle
8:30-9:15 am	Power H2O	Lap Pool	Int.	Liz/Michelle
9:00-10:00 am	Les Mills BodyPump	West Gym	Int.	Michelle
9:15-9:45 am	Aqua Deep Core	Lap Pool	Int.	Staff
9:30-10:15 am	Chair Yoga	Meditation Rm.	Beg.	Keri
10:30-11:30 am	Yoga I-II	Meditation Rm.	Beg-Int.	Keri
10:15-11:00 am	Young At Heart	West Gym	Beg.	Staff
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Ken
11:15-11:45 am	Stretch for Life	Studio 2	Beg.	Staff
11:30-12:15 pm	Seated Dance Blast	West Gym	Beg.	Kelsey
12:15-12:45 pm	Basic Yoga	Meditation Rm.	Beg.	Keri
12:15-1:00pm	Dynamic X Train	Studio 1	Int-Adv.	Sam

Saturday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
7:15-8:15 am	Dynamic X Train	West Gym	Int-Adv.	Staff
8:00-8:45 am	Cycling	Studio 3	Int.	Roxie
8:00-9:00 am	TRX Basics (fee)	Studio 1	Open	Staff
8:30-9:30 am	Les Mills BodyPump	West Gym	Int.	Karen
9:00-9:45 am	Power Track	Aqua Track	Adv.	Staff
9:15-10:00 am	Dance Blast	Studio 1	Beg-Int.	Staff
9:30-10:15 am	Yoga I	Meditation Rm.	Beg.	Staff
9:45-10:45 am	Les Mills BodyFlow	Studio 2	Int.	Karen
10:00-10:45 am	Power H2O	Lap Pool	Int.	Staff
10:30-11:30 am	Yoga II	Meditation Rm.	Int.	Staff
11:00-11:30 am	Aqua Walk	Aqua Track	Beg.	Staff

Classes and instructors are subject to change at any time.

Sunday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
8:00-8:45 am	Cycling	Studio 3	Int.	Eva/Jen
9:00-10:00 am	Les Mills BodyFlow	Studio 1	Open	Joel
1:00-1:45 pm	Dance Blast	Studio 1	Beg-Int.	Kristin
2:15-3:00 pm	Hydro Interval Track	Aqua Track	Int.	Dona
3:00-3:45 pm	Water Yoga	Aqua Track	Beg.	Debra
4:00-5:00 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Debra

Basketball Court Reservations

Monday:	5:15-6:00 a.m.	West Gym	H.I.I.T.
	7:00-8:30 a.m.	FULL COURT	Pick-Up Basketball
	8:30-10:00 a.m.	East Gym	Pickleball Play
	10:15-11:00 a.m.	FULL COURT	Young At Heart
	11:30 a.m.-12:15 p.m.	West Gym	Seated Dance Blast
	12:15-4:00 p.m.	East Gym	Pickleball Play
	5:30-6:30 p.m.	West Gym	Cardio Pump
Tuesday:	6:30-7:30 p.m.	West Gym	Les Mills BodyPump
	5:15-6:15 a.m.	West Gym	Les Mills BodyPump
	7:30-8:15 am	FULL COURT	Tai Chi Balance
	8:15-8:45 am	FULL COURT	Tai Chi 24
	9:30-10:15 a.m.	FULL COURT	Tai Chi Balance
	10:30-11:00 a.m.	FULL COURT	Tai Chi Stretch
	11:00 a.m.-4:00 p.m.	East Gym	Pickleball Play
Wednesday:	5:30-6:15 p.m.	West Gym	H.I.I.T.
	7:00-10:00 p.m.	FULL COURT	Wheelchair Basketball
	5:15-6:00 a.m.	West Gym	H.I.I.T.
	7:00-10:00 a.m.	East Gym	Pickleball Play
	10:15-11:00 a.m.	FULL COURT	Young At Heart
	11:30 a.m.-12:15 p.m.	West Gym	Seated Dance Blast
	12:15-4:00 p.m.	East Gym	Pickleball Play
Thursday:	5:30-6:30 p.m.	West Gym	Cardio Pump
	6:30-7:30 p.m.	West Gym	Les Mills BodyPump
	5:15-6:15 a.m.	West Gym	Les Mills BodyPump
	7:30-8:15 a.m.	FULL COURT	Tai Chi Balance
	8:15-8:45 a.m.	FULL COURT	Tai Chi 24
	9:00 a.m.-12:00 p.m.	East Gym	Pickleball Play
	12:00-1:00 p.m.	FULL COURT	Pick-Up Basketball
Friday:	1:00-4:00 p.m.	East Gym	Pickleball Play
	5:30-6:15 p.m.	West Gym	H.I.I.T.
	6:30-10:00 p.m.	FULL COURT	Round Robin Pickleball Play
	5:15-6:00 a.m.	West Gym	H.I.I.T.
	7:00-8:30 a.m.	FULL COURT	Pick-Up Basketball
	9:00-10:00 a.m.	FULL COURT	Les Mills BodyPump
	10:15-11:00 a.m.	FULL COURT	Young At Heart
Saturday:	11:30 a.m.-12:15 p.m.	West Gym	Seated Dance Blast
	12:30-4:00 p.m.	East Gym	Pickleball Play
	7:15-8:00 a.m.	West Gym	Dynamic X Train
Sunday:	8:30-9:30 a.m.	FULL COURT	Les Mills BodyPump
	9:30 a.m.-12:00 p.m.	East Gym	Pickleball Play
	1:00-5:00 p.m.	FULL COURT	Round Robin Pickleball Play

Open Swim Times

Aqua Track

Monday

6:00 a.m. - 12:15 p.m.

1:00 - 4:45 p.m.

6:00 - 9:30 pm

Tuesday

5:00 - 9:00 a.m.

9:45 a.m. - 12:15 p.m.

1:00 - 5:15 p.m.

6:00 - 9:30 p.m.

Wednesday

5:00 a.m. - 12:15 p.m.

1:00 - 5:15 p.m.

6:00 - 9:30 p.m.

Thursday

5:00 - 9:00 a.m.

9:45 a.m. - 12:15 p.m.

1:00 - 5:15 p.m.

6:00 - 9:30 p.m.

Friday

6:00 a.m. - 7:30 p.m.

Saturday

7:00 - 9:00 a.m.

9:45 - 11:00 a.m.

11:30 a.m. - 6:30 p.m.

Sunday

7:00 a.m. - 2:15 p.m.

3:45 - 6:30 p.m.

Water shoes are required in the Aqua Track and for group fitness classes in all pools.

Evaluations for cleanliness and water balance are done every 4 hours on all 3 pools and all 3 whirlpools.

Individual use of the Aqua Track during a fitness class is not allowed.

ProActive noodles and kickboards are for classes, lap swimming, therapy and exercise purposes only. Recreational use of exercise equipment is not allowed.

Lifeguard Hours:

Monday-Thursday, 4:00-8:00 p.m.

Friday, 4:00-7:30 p.m.

Saturday and Sunday, 1-6:30 p.m.

Open Swim Times

Lap Pool

Monday

5:00-6:15 a.m.
7:00-8:30 a.m.
10:30-11:30 a.m.
12:15-6:00 p.m.
6:45-9:30 p.m.

Tuesday

5:00-10:00 a.m.
11:30 a.m.-9:30 p.m.

Wednesday

7:00 a.m.-8:30 a.m.
10:30-11:30 a.m.
12:15-9:30 p.m.

Thursday

5:00-10:00 a.m.
11:30 a.m.-6:00 p.m.
6:45-9:30 p.m.

Friday

5:00-6:15 a.m.
7:00-8:30 a.m.
9:45 a.m.-7:30 p.m.

Saturday

7:00-10:00 a.m.
10:45 a.m.-6:30 p.m.

Sunday

7:00 a.m.-6:30 p.m.

The west lap lane is reserved 8:30-9:15 a.m. on Monday, Wednesday and Friday for group fitness class use.

Please share lap lanes with others by circle swimming or splitting the lane. If others are waiting, please limit your lane usage to 30 minutes.

Open swim is not available when swim lessons are in session Sep. 10-Nov. 1.

Children under the age of 13 must be supervised by an adult 19 years or older in the pool area.

Children 5 and younger must be supervised by an adult 19 years or older within arm's length of the child.

US Coast Guard or Red Cross life jackets are recommended for assistance; flotation devices, including water rings or wings, are not allowed.

Club Information

Etiquette

Bring a change of shoes. Please wipe down equipment after use. Limit workout to 30 minutes when all machines are in use. Please keep cell phone use to a minimum and no cell phone use on the walking track.

Fitness Information

ADAPTIVE TRAINING

This program is designed to assist people with physical limitations, caused by spinal cord injuries, stroke, disease, etc., while focusing on the goal of exercising independently. Please contact Samantha Kelly at 402.413.4012 to determine if this program is appropriate for your needs and available appointment times.

CLASS LEVELS

Beginner: Low impact, low to middle elevation of heart rate, and strengthening utilizing light free weights.

Intermediate: Low impact, mid-level cardiovascular elevation of heart rate and/or mid-level usage of strength equipment.

Advanced: Mid to high impact level plus longer duration and higher intensity of the cardiovascular component. Mid-range to heavier weight equipment will be utilized.

NOTE: Classes with a range indicate the instructor adjusts for levels of fitness. When no class is in session, classrooms are available for personal workouts. Sound systems are for staff use only. Classes and instructors are subject to change at any time.

CLASS SERIES

A short term group fitness offering for a set period of time. Series follow a theme or specific area of interest. During the series, there is a progression of skills and exercises. There is a nominal cost for class series.

PICKLEBALL

Pickleball courts and nets are available in the gym for play during open times (see basketball court reservation times.) Paddles are available for check out at the front desk. When playing, please be respectful of other basketball court users.

TRX BASICS (extra fee)

Introductory class required for members new to TRX. Introduces safe practices and fundamental movements. **\$35, Sat. 8-9 a.m. Studio 1**
Sign up at the front desk by the Friday before desired class.

Club Information

YOGA SESSIONS (extra fee)

Private and semi private yoga sessions are designed for members who wish to have more specific instruction from a yoga instructor. Speak with the yoga instructor of your choice about their availability. Pricing and purchasing options available at the front desk.

Guest Policy

Members are welcome to bring guests. Guest passes are available for purchase at the Front Desk. Guests must sign a waiver of liability to access the facility. Minors are not permitted to bring other minors as guests. A parent or legal guardian of any guest under 19 years of age must sign the guest pass waiver. NOTE: Member's children and grandchildren, 12 and under, are free when they accompany a member.

Health & Wellness

BLOOD PRESSURE CHECKS & \$20 CHOLESTEROL CHECKS

Reservations must be made at the front desk for the cholesterol test and fasting for 8-10 hours prior to the test is recommended.

NURSE CONSULTATION CLINIC

Brief 10 minute meeting with Sharon Duffy, RN, MS, CRRN at no charge to discuss health concerns. Extended 30 minute assessment and consultation sessions are available for \$15 fee.

Holiday Hours

Thanksgiving, Nov. 22 7 am - 12 pm

Christmas Eve, Dec. 24 7 am - 2 pm

Christmas Day, Dec. 25 Closed

New Year's Eve, Dec. 31 7 am - 5 pm

No group fitness classes and Play Center closed on holidays.

Safety Reminders

Children under 13 must be accompanied by an adult at least 19 years old and the adult must be in the pool or basketball court with the child. Children under 13 are not allowed on the fitness floor, upstairs track, classrooms, Aqua Track, whirlpools, steam rooms or saunas.

Winter Weather Policy

When Lincoln Public Schools close due to inclement weather, the following services are not available that day: Group Fitness Classes, Swim Lessons, Play Center, Cardiac Rehab and Soteria Massage.

Club Hours

Monday-Thursday	5 am - 10 pm
Friday	5 am - 8 pm
Saturday-Sunday	7 am - 7 pm

Senior Plus Option-Usage Hours

Monday-Friday	7 am - 4 pm
Saturday-Sunday	7 am - 7 pm

Pool Hours

Monday-Thursday	5 am - 9:30 pm
Friday	5 am - 7:30 pm
Saturday-Sunday	7 am - 6:30 pm

Lifeguard Hours

Monday-Thursday	4:00 pm - 8:00 pm
Friday	4:00 pm - 7:30 pm
Saturday-Sunday	1 pm - 6:30 pm

Play Center Hours

Monday-Thursday	8:30 am - 1:30 pm 4 pm - 8 pm
Friday	8:30 am - 1:30 pm 4 pm - 7 pm
Saturday	9 am - 1:30 pm

Soteria Hours

Monday-Saturday	By Appointment
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7111 Stephanie Lane
(55th & Pine Lake Road)
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